Sbody

EMS HOME SYSTEM

User Manual

# 1. First start with the power box and APP

1.1 Charging the power box

Before your can start the training, your must download and install the SBODY EMS home APP.

Before using the device for the first time,your must charge the battery in the power box for at least 3 hours. To Charge it, simply plug the supplied USB Cable into the power box and a suitable USB socket. The power box indicator will light up blue when charging, it will turn green once the battery is full charged.

1.2 Download and Install the APP

1.2.1 IOS system: If your have smart iPhone or IPAD, your can search "SBODY" on the App store, can directly download and install the APP.
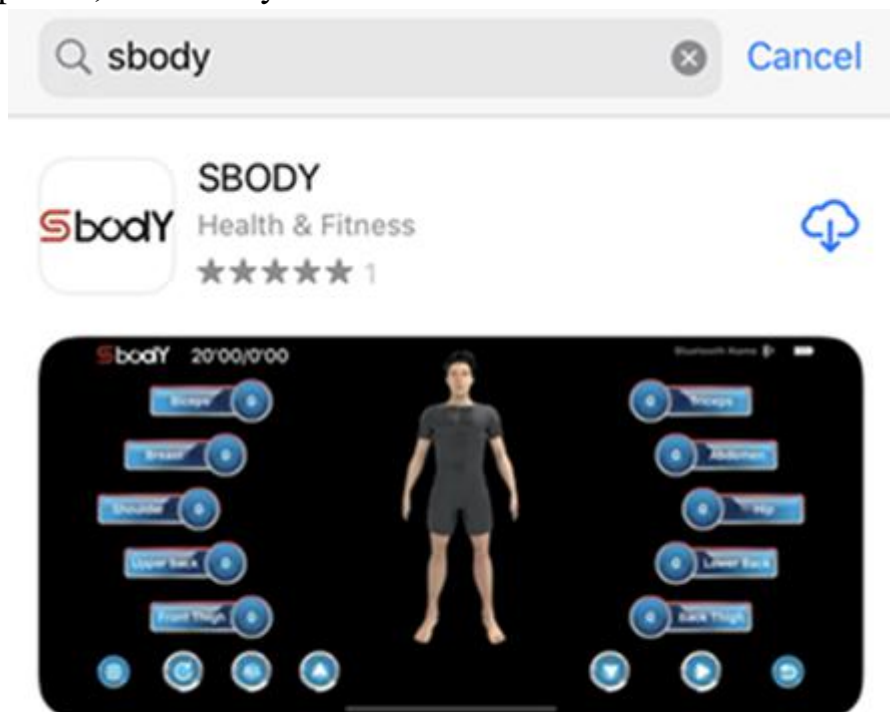
1.2.2 Android system: If your have smart phone is android system e.g. Huawei, Xiaomi, Oppo, Samsung,We will send the Android "SBODY" App to your by email.After that, your can download the App to your smart phone.

1.2.3 Explanation of the App

You can save as many profiles as your like on any device. To do this, assign a user

name and password. The user name can e.g. be "sample_name" or " muscle training"

or "fitness 1".The password consist of text and at least one number (e.g. 123456). In

accordance with GDPR,your data will only be saved on your device.Therefore your

have to register e.g.separately on iPhone,IPAD or other Android smart phone.The app

saves the last used settings under the respective logged in user name.You can save as

many profiles as your like!
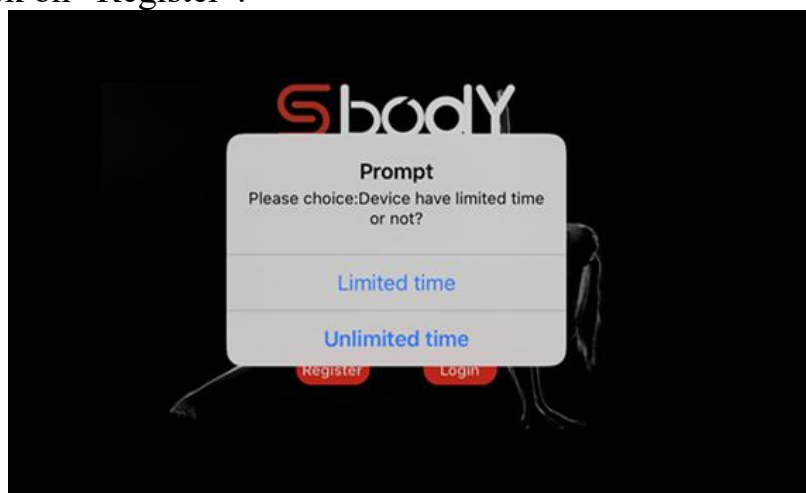
2. How to operate the APP

Before switch on the device, confirmed the Bluetooth already switch on the phone or

Ipad. （Setting--Bluetooth---Switch on)
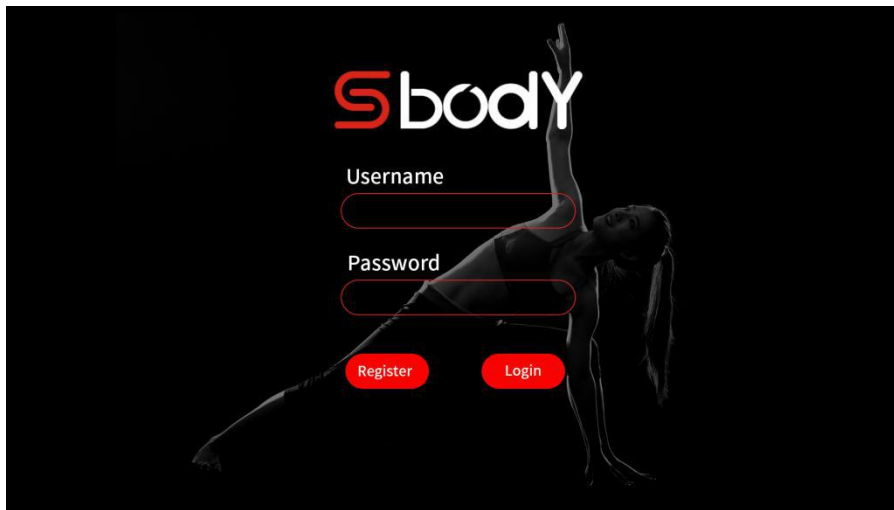
2.1 Click on Sbody Application

2.2 User name and Password
If your have newly installed the app on a device, to log in for the first time,
Click on "Register".

If your download the APP from IOS system, before "Register" your should click
on "Unlimited time". (Limited time is the first version).
Android system: do not need to do this step.

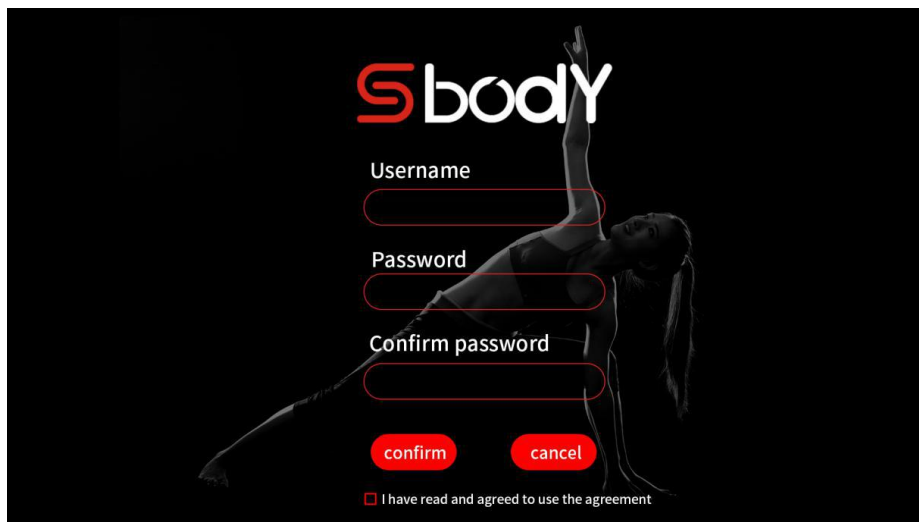Your will now be asked to enter the following data:

   ----User name

  ----Password

 Confirm password

At last, your have to confirm the term of use.

After entering the data, click on "confirm".

2.3 Register Success

Your registration was successfully. Your can use these access details to load your saved data later.

Once your have registered for the first time, your only have to enter your username and password each time your start the App.

Then click on " log in" and the APP will start.

2.4 Establishing a Bluetooth connection:

A connection between the App and power box is established when there is a Bluetooth connection.

To establish the Bluetooth connection,please click on"Bluetooth name"at the top right for the first time.
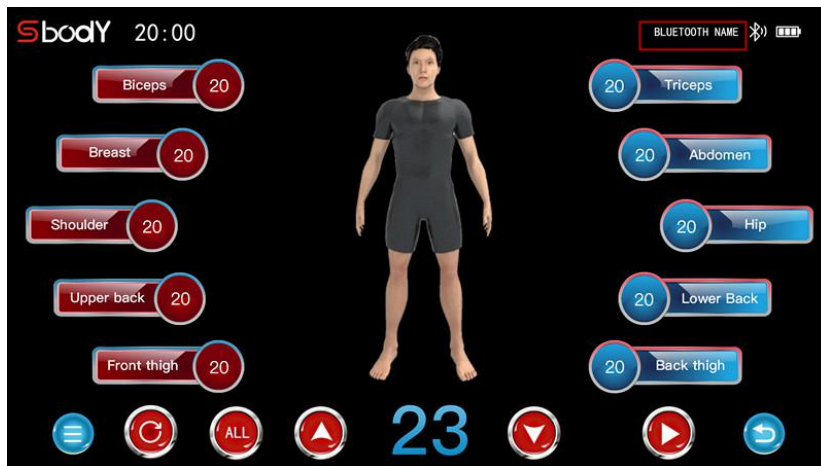
To establish the Bluetooth connection,please click on"Scan".
Your will be given a list nearby Bluetooth devices.
Please select TMPXXXX, so that a connection to the power box is established.
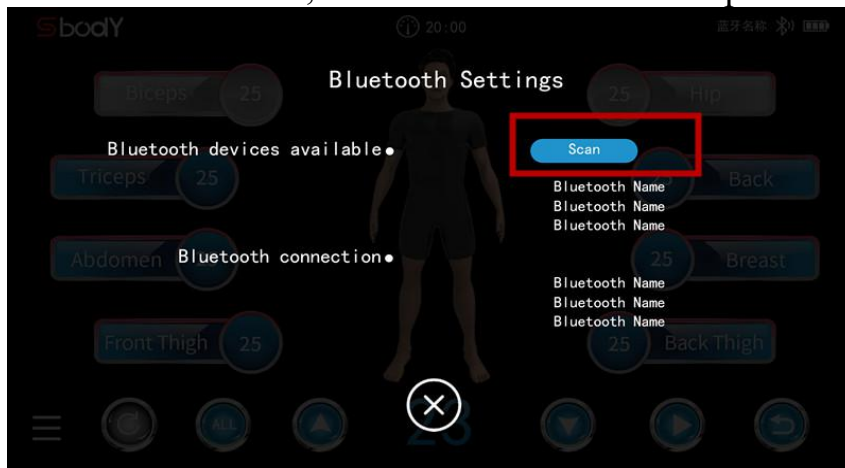
Requirements for your to be establish a Bluetooth Connection:
---The power box must be charged and switched on.If this is the case,the blue led will be on.
---Switch on the power box by pressing the button(The small depression) for 2 seconds.The led will go on.
---The app must be authorized to know your location details in order for the Bluetooth signal to be processed correctly.Your will not find the power box within your Bluetooth-Setting of your mobile, it works with Bluetooth low energie(BLE).

3.Navigation and settings for the EMS Impulses
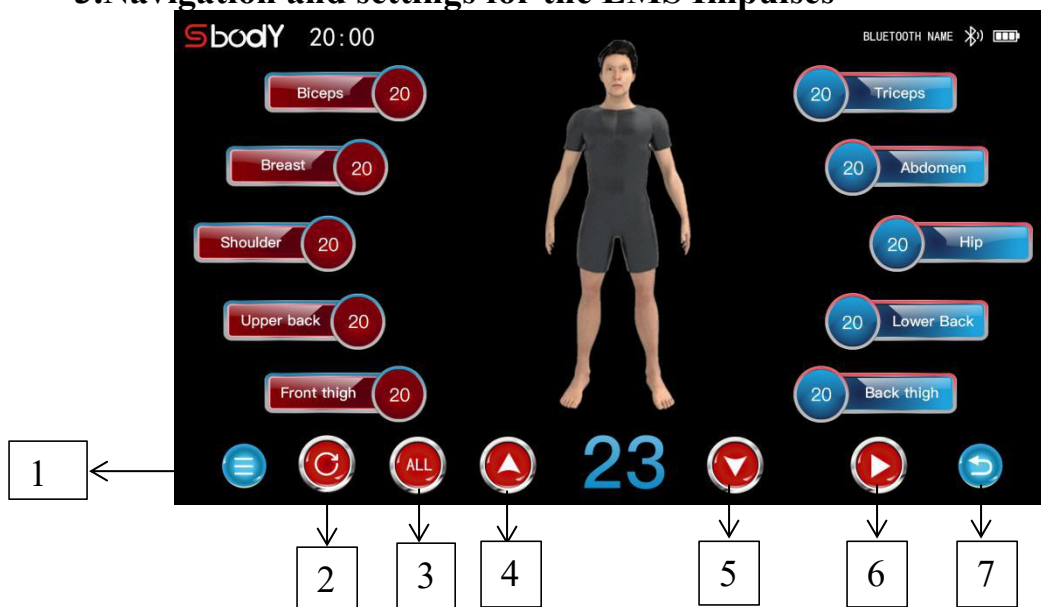
Please note: the numbers 1-7 are used in the description below to refer to the buttons.

1 Menu
2 Set selected (Blue) muscle groups to Zero
3 Select all muscle groups
4 Moves the selected muscles (Marked in blue)up one level adjust from 0 to 100
5 Moves the selected muscle (Marked in blue)down one level
6 Start/Pause(Turn blue as soon as the Bluetooth connection is established)
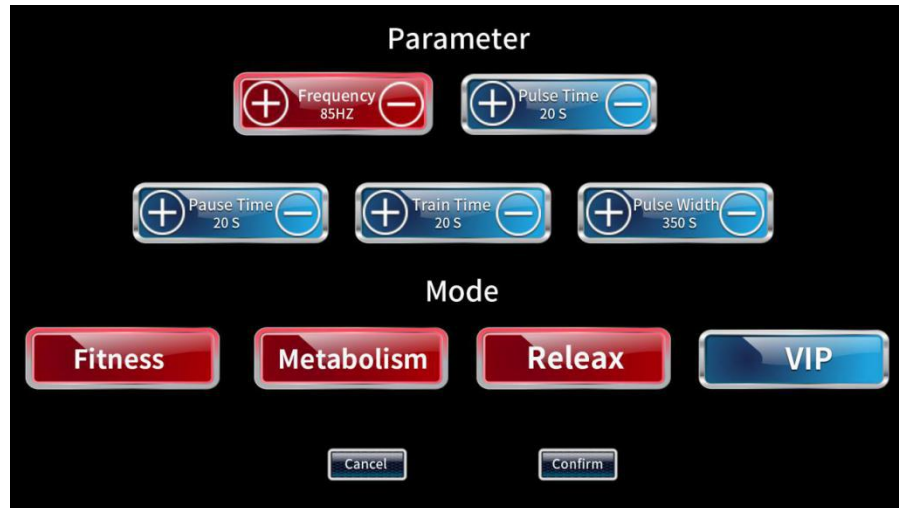7 Lag out, save settings.
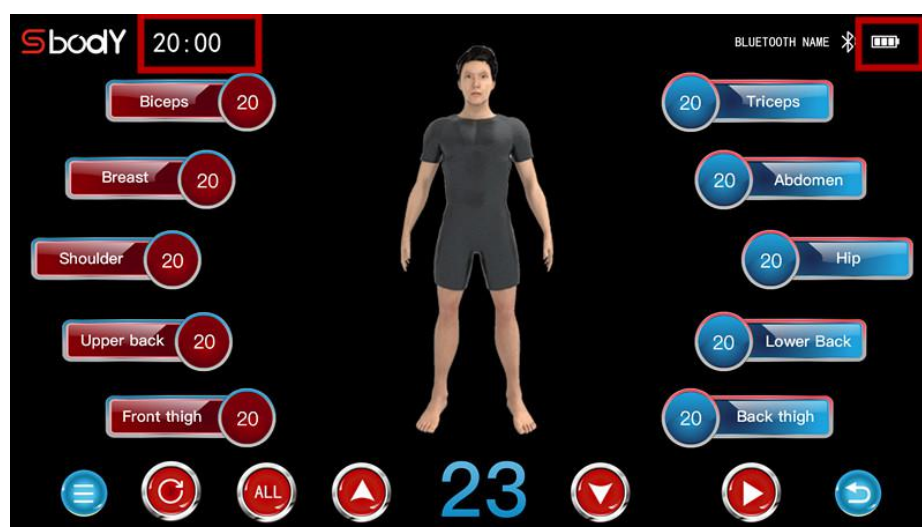
The power box battery indicator is at the top right.
The training time is shown at the top left.Here it start at 20:00 and counts down.

4.Basic Settings
You can set the pulse time,pause time and train time for each mode.
The frequency and pulse width are fixed for all programmes,except VIP mode.

You can access the basic setting by clicking on menu(1)on the start screen.
Once your have made your settings,Press"Confirm" to return to the main screen.

The Parameter can be set up as follows:
◎Total time: Set the total training time;   1-40 minutes
◎Pulse time: Defines the duration for which a pulse will be emitted; 1-30 seconds
◎Pause Time: Defines the time between the pulses;   0-30seconds
◎Frequency: The pulse frequency in Hz indicates how many single pulses will be
    emitted per contraction phase;   1-120Hertz
◎Pulse width: Defines the length of an individual pulse;   50-400μs
◎Intensity adjustment: Each channel's intensity can adjust alone; 0-100 level

The parameters already have default settings stored.
If your would like to change the parameters,you can vary them by clicking on
"+" or "-" accordingly.

5. Starting Training
Main Screen
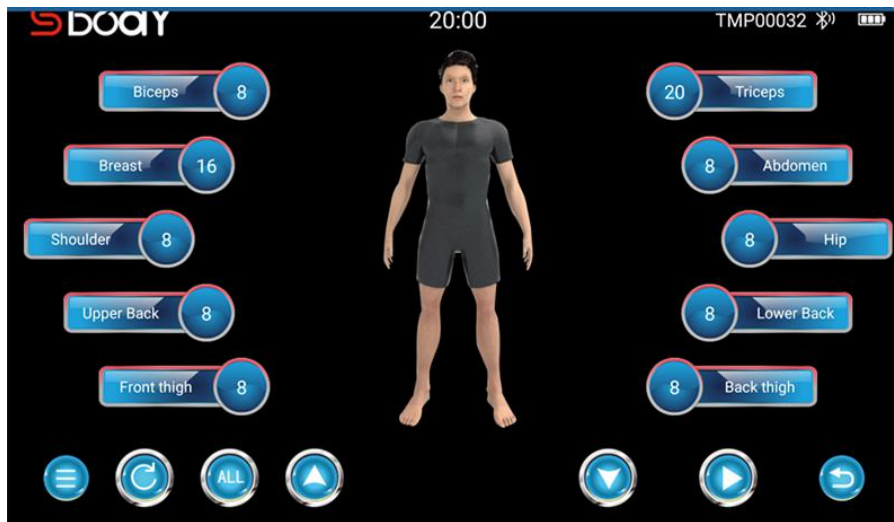
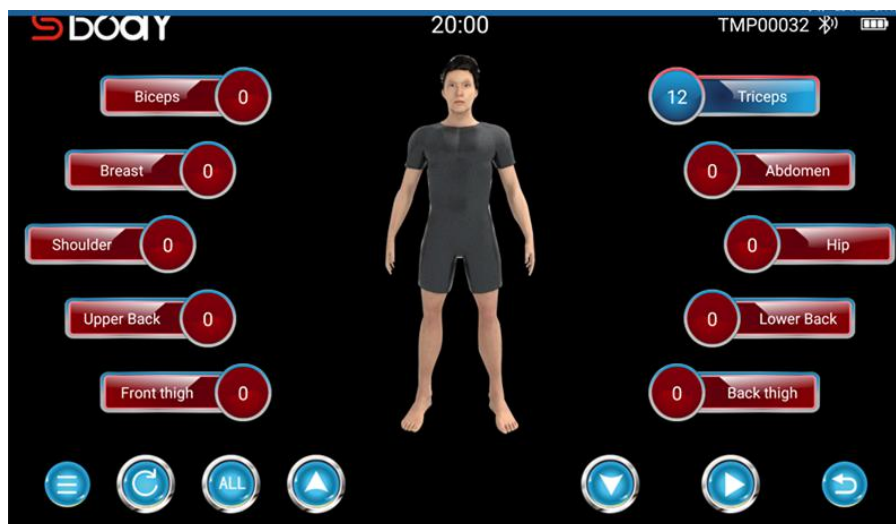When starting your training, all muscle groups will be set to 0 and highlighted in blue.

(In red color shown not selected)

You can now set the impulses for all muscle groups highlighted in blue simultaneously by pressing on "4" or "5" in the strength /weakness setting from 0 to 100.

To individually adjust individually muscle groups,please process as follows;
Step 1:
Click on"ALL",all muscle groups will be deselected (and will then be display in red)
Step 2:
Click on the appropriate number for the muscle group to be changed --- it will now turn blue and will be activated for controlling (here the muscle group "triceps").
Now click"4" or "5" so that the impulse is increased/decreased accordingly.
The triceps muscle group was increased with "4" level 12.

Step 3:
 The "Triceps" can be deselected again by clicking on the number "12"again (the"12" now displayed in Red)

Step 4:
 If your want to control other muscle group individually,processed in the same way as "triceps".

Step 5:
  You can undo the deselection of the muscle groups by pressing "ALL"button.All
    muscle will now be displayed in blue again and can therefore be controlled.

6. Explanation of the app based on practical example
 ◎At the beginning, enter your username and password and confirm your entries by
    pressing "Login".You will now see the start screen.
 ◎Next, activate the power box by pressing lightly on the notch in the middle. The
    power box is activated when the LED lights up bright blue.
 ◎Connect the power box to the suit. Make sure that your first hook the power box
    onto the panel on the suit with the two small lugs at the top and then lock it in place
    by pressing it gently downwards. The power box must strap onto the suits with a
    very close fit.
 ◎Finally,pull the Velcro tight. Make sure that the power box is held firmly in place.

 ◎ Now,established a connection between your mobile device and the power box. To
      do this, click on"Bluetooth" in the top right corner of the APP main screen and
      then click on "Scan". The Bluetooth devices that are available nearby will be
      displayed. Select" TMPXXX" for the power box and click on"Connection". You
      can tell when a connection to the power box has been successfully established
      because your will see the Bluetooth symbol on the top right of the start page.
      The charging status of the power box will now be shown next to it on the right,
      the led of the power box blinking.

  ◎ Now go to the settings.
     First choose a training mode. To do this, press"1", which will take you to the basic
       settings. In the practical example shown here, the "Fitness" mode is chosen by
       marking the appropriate selection. You can set the "Pulse time","Pause time"
       and "Train time" by using "+"/"-". For example, select the following parameters
        "Pulse time 4 s", "Pause time 2 s" and "Train time 20 min".Then leave the
       basic settings by pressing "Confirm".

      Second, now that your have set up the training mode, your can change the pulse
       intensity of each muscle group on the start screen. To begin with,all muscle
       groups will be set to "0" and display in blue. If your already have warmed up,
       click on"6" so that the electrodes are activated with the set intensity and your can
       feel the subsequent changes. Otherwise, warm up first. Pressing "4" increases the

values of all muscle groups marked in blue, pressing "5" decreased them. If the intensity of a muscle group is sufficient for your,simply click on the number highlighted in blue next to the muscle group,which will turn it red. The pulse intensity of this muscle group will now no longer be changed by pressing the "4"/"5" buttons. The other muscle groups (highlighted in blue) will continue to be able to be adjustable accordingly. Continue until the intensity for all muscles has been set. A muscle group that is displayed in red can be rest at any time by clicking on it again, which will turn it blue again.

Third, if your want to stop the training session during the training time, simple click on the "6" again and the training session will be paused. The pulse intensity of individual or all("3" button) muscle can be changed during this pause or during training. We recommend that your only change the intensity when the impulses are switched on, as otherwise it is possible for an excessively high intensity to be set during the "pause".
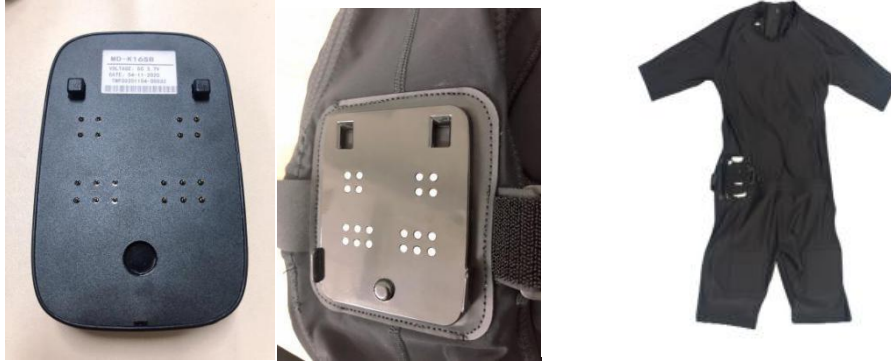
7. Sbody Power box

◎ LIGHT
Easy to check machine working or not
◎SWITCH
Delay design for switch.Avoid turn off / on by accident
◎LOGO
Make your own logo on power box

Make sure that your first hook the power box onto the panel on the suit with the two small lugs at the top and then lock it in place by pressing it gently downwards. The power box must strap onto the suits with a very close fit.

8. EMS Dry suit

◎20 pieces electrode pads activate 350 muscle group on body
◎One Piece type for easy to wear and take off
◎Silicon with conductive cloth material for electrode
◎Comfortable feeling

Dry suit material:
Black, nylon Leica, specifications: 60 ', nylon 84%, spandex 16%

Electrode pads material:
Silicone, conductive cloth

Before the training

Always pay attention to the correct size. In order for the electrodes of the dry suit To be better transfer energy through your skin to your nerves and muscles, an extremely thin firm of moisture is required. For some people, it is enough to simply wear the suit 2-3 minutes; some people have to do 5 minutes of jumping jacks, burpees or sit-ups before the intensity of impulse can be increased.

Slip-resistant shoes

Always wear sport shoes with slip-resistant sole for the training.

EMS Dry Suit Putting on and Taking off

1）Choose the right size, so that the electrodes lie close to your body.

2）The dry suit is put on directly over your bare skin, without underwear or other sport clothing.

3）The electrode do not need to wetted.

4）If your have lot of body hair or skin is very dry, your can slightly moisten the skin at these point with a cloth, or put little gel on the electrode.

5）The EMS dry suit is done up using the zip on the back. Simple close the zip using the attached cord and connect it to the Velcro.

6）According to the situation, to use the stretch strap to tighten the arm, waist and thigh electrodes and fasten well.

7) After dressing standard training suit: Neatly aligned, fully fit the body;Fasten well, no obviously discomfort.

8）After finished training, open the zip and get out off the dry suit.

9.After training :

1) Hang the dry suit on a clothes hanger for drying.

2) Danger of material damage: Incorrect cleaning can cause material damage
Never use the following cleaning materials:
Synthetic cleaning agents, Solvents,Chlorides, Polishing agents,Washing /polishing agents,Aerosol sprays

3）The electrodes are not resistant to chemical cleaning .

4）Do not exceed a temperature of 30°C.

5）Do not use any fabric softeners and bleaches

6）Do not dry in a dryer

7）Do not iron or treat with steam

8）Do not spin-dry

9）Do not wring out

10）Observe washing symbols

11）The electrode surface have an anti-bacterial layer .The individual electrode and the electrode vest can be cleaned as required .Proceed as follows for this:
Wash the suit by hand at a maximum water temperature of 30°C
Hang the suit on a clothes hanger and let it dry in a well-ventilated place.
Notice: The connector plug should be protected well.